



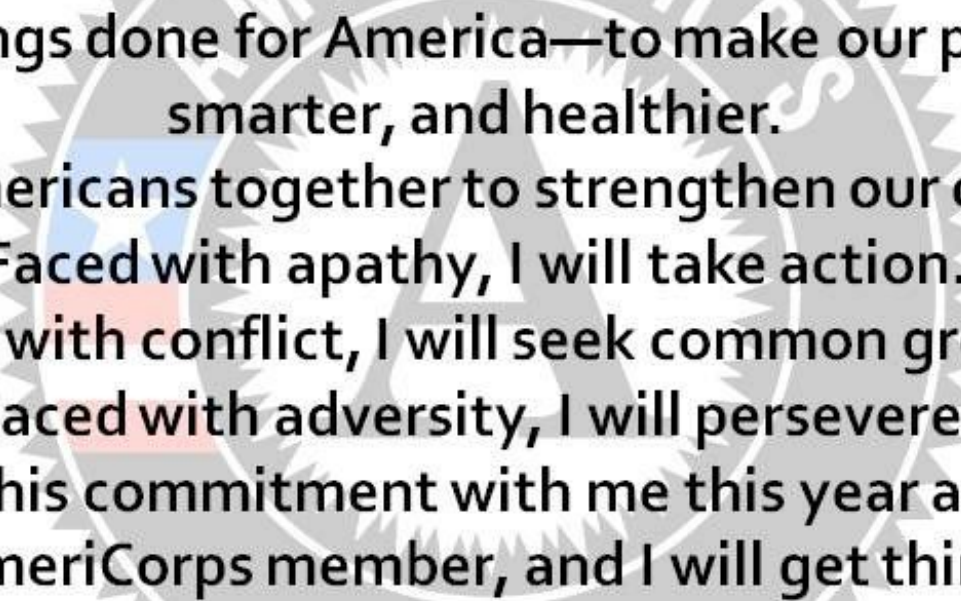
Living, Leading & Serving in a COVID Environment

Jennifer Freeland

State Volunteer Coordinator

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I will get things done for America—to make our people safer,
smarter, and healthier.
I will bring Americans together to strengthen our communities.
Faced with apathy, I will take action.
Faced with conflict, I will seek common ground.
Faced with adversity, I will persevere.
I will carry this commitment with me this year and beyond.
I am an AmeriCorps member, and I will get things done.

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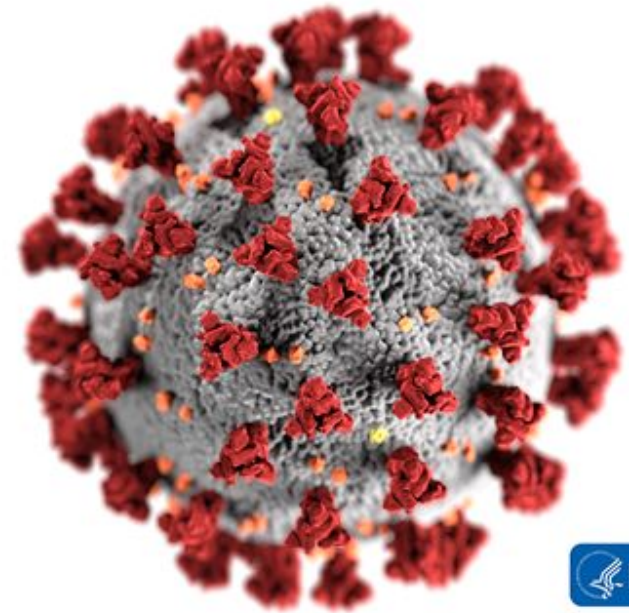


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The logo for the Office of Emergency Preparedness. It consists of the text "Office of Emergency Preparedness" in a sans-serif font. To the right of the text is a graphic element consisting of three curved, overlapping lines that suggest motion or a signal.

What we'll talk about...

1. COVID-19 Overview
2. Preventing Spread
3. Adapting to COVID-19
4. Leading in Your Community
5. Serving Safely



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Living During COVID-19

- COVID-19 Overview
- Reducing The Spread

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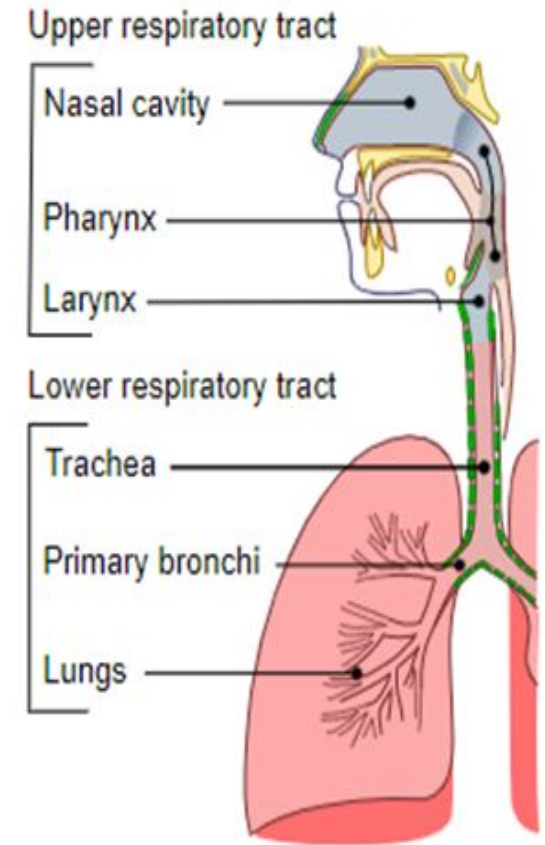


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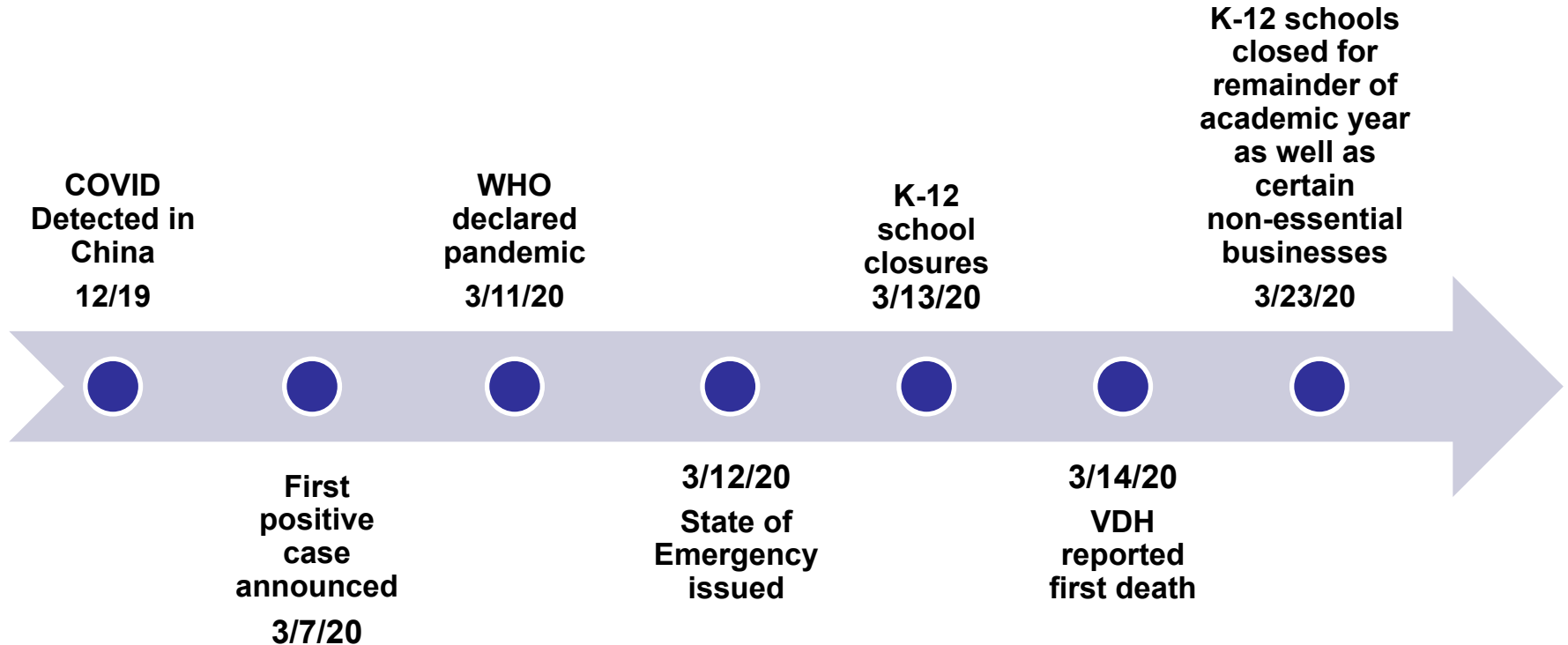
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What is the Human Coronavirus (HCoVs)?

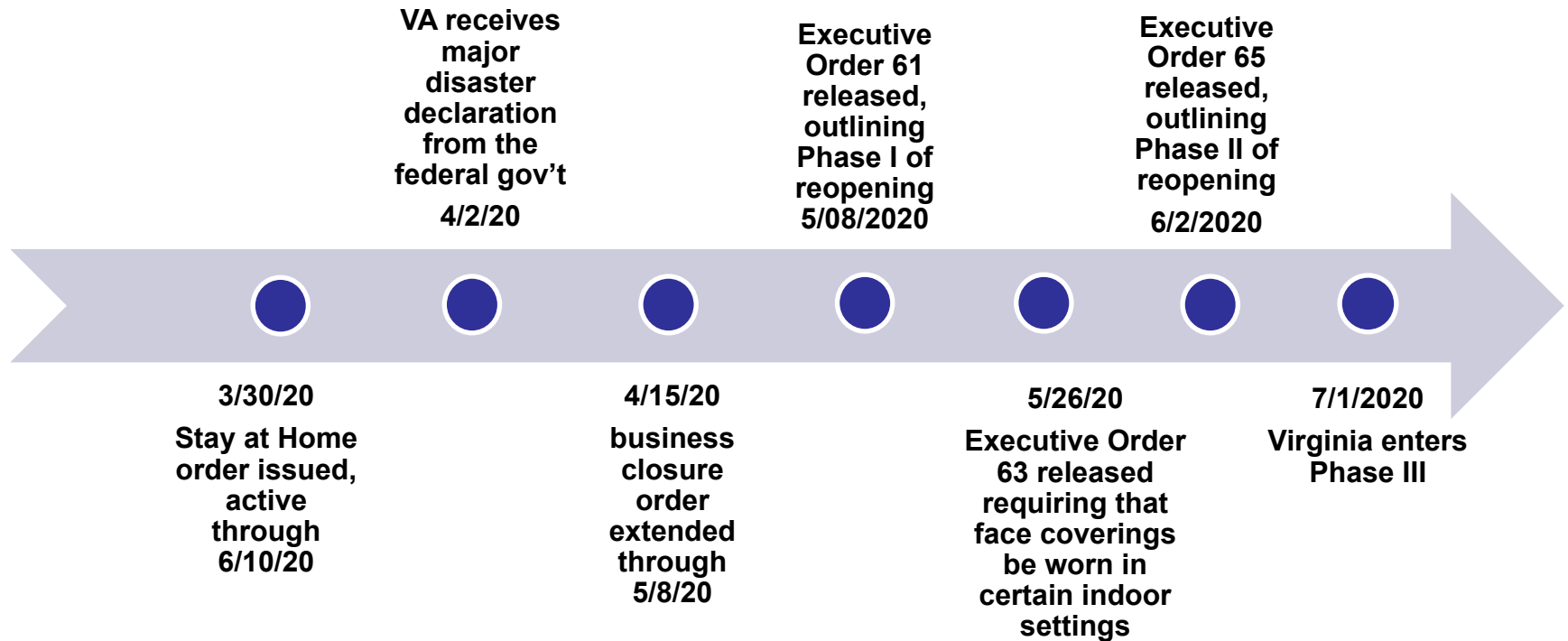
- Coronaviruses first identified in 1960s
- Various HCoVs circulate globally
- Several milder HCoV strains can cause up to 30% of upper respiratory tract infections, and can also be rare causes of lower respiratory tract infections
- Since 2002, three highly pathogenic HCoVs that cause severe human disease have been identified



Key COVID-19 Events in Virginia



Recent Key COVID-19 Events in Virginia



How does COVID-19 Spread?

- The virus is thought to spread mainly from person-to-person:
 - Between people who are in close contact with one another (within about 6 feet).
 - Through respiratory droplets produced when an infected person coughs, sneezes, sings or talks.

Older adults and those with underlying medical conditions are at greater risk of contracting COVID-19; however, anyone can develop symptoms.



High-Risk Exposures of Contracting COVID-19



Being in close proximity, for a total of 15 minutes or more, with someone who has COVID-19



Direct physical contact (hugged or kissed) someone with COVID-19; shared eating or drinking utensils with someone who has COVID-19



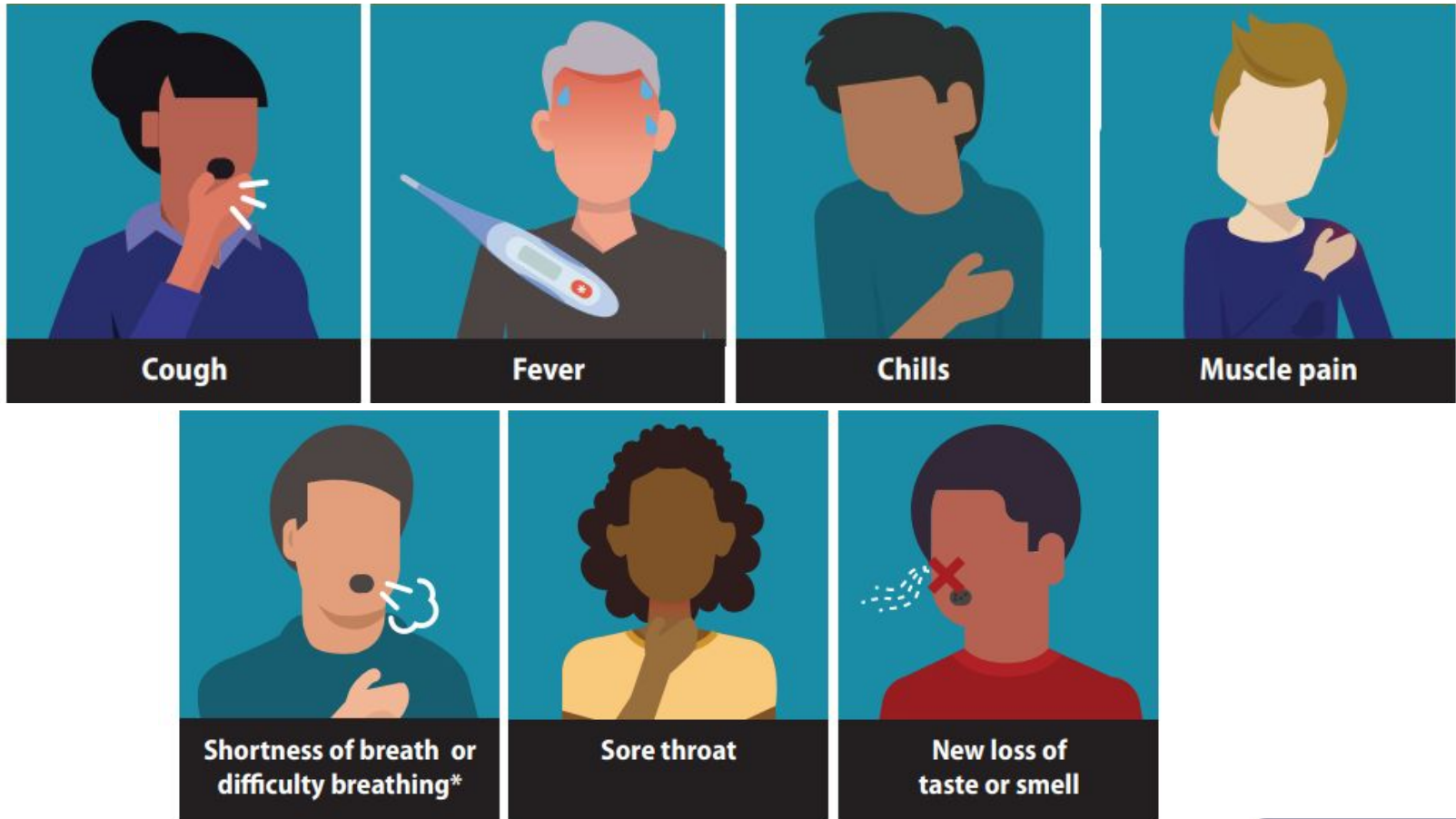
You provided care at home to someone who is sick with COVID-19



Someone with COVID-19 sneezed, coughed, or somehow got respiratory droplets on you



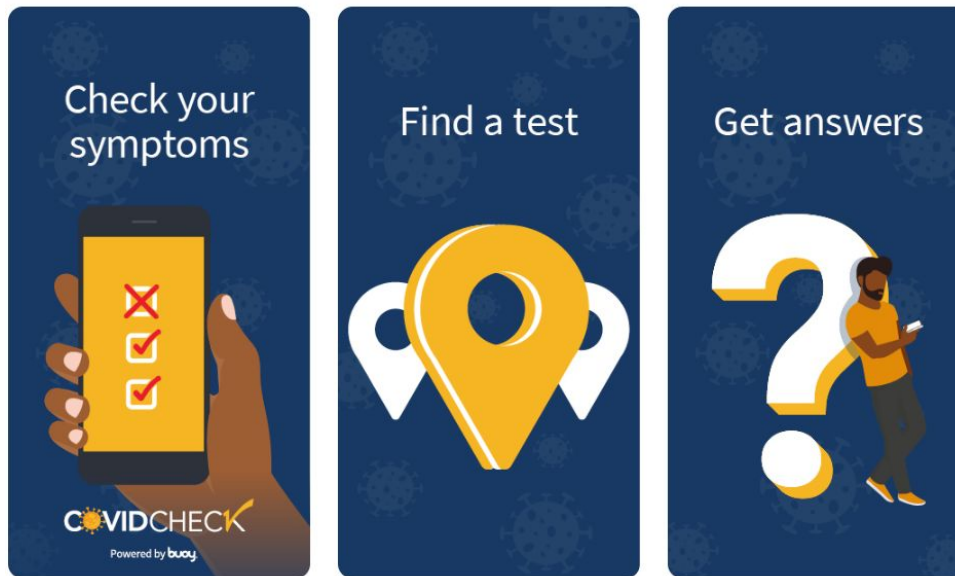
Symptoms of COVID-19 can range from none (asymptomatic) to mild to severe



Check Your Symptoms, Find Testing Sites and Get Answers



If you're feeling sick or have been exposed to someone with COVID-19, the sooner you act the better. Start with these resources to help protect yourself, your family, and your friends as we all work to stop the spread.



What Should You Do If You Have COVID-19?

Protect Yourself

Monitor your symptoms and seek care if you have trouble breathing or other symptoms that require medical attention.

Stay home except to get medical care.



Protect Others

Stay in a separate room from other household members; use separate bedroom, if possible.

Don't share personal household items, like cups, towels, and utensils.



Isolation and Quarantine

ISOLATION AND QUARANTINE

More Questions? Check out: www.vdh.virginia.gov/coronavirus/

What's the Difference?

Isolation

The separation of people **with COVID-19** from others.

People in isolation need to stay home and separate themselves from others in the home as much as possible.

Quarantine

The separation of people who were **in close contact¹** with a person with COVID-19 from others.

People in quarantine should stay home as much as possible, limit their contact with other people, and monitor their health closely in case they become ill.



Protective Measures to Stay COVID Safe



Wear face
covering to
protect
yourself and
others



Avoid large
crowds when
indoors and
outdoors;
practice physical
distancing



Wash hands
frequently;
use hand
sanitizer
when
possible

Can we have our candy
and be COVID-safe?



<https://www.vdh.virginia.gov/content/uploads/sites/182/2020/09/VDH-Interim-Guidance-for-Halloween-Events-2.pdf>

Using COVIDWISE to Help Control COVID-19!

**ADD YOUR
PHONE
TO THE
COVID FIGHT**
HELP VIRGINIA STOP COVID-19

Download Virginia's free **COVIDWISE** Exposure Notifications app to help protect your community while protecting your privacy.



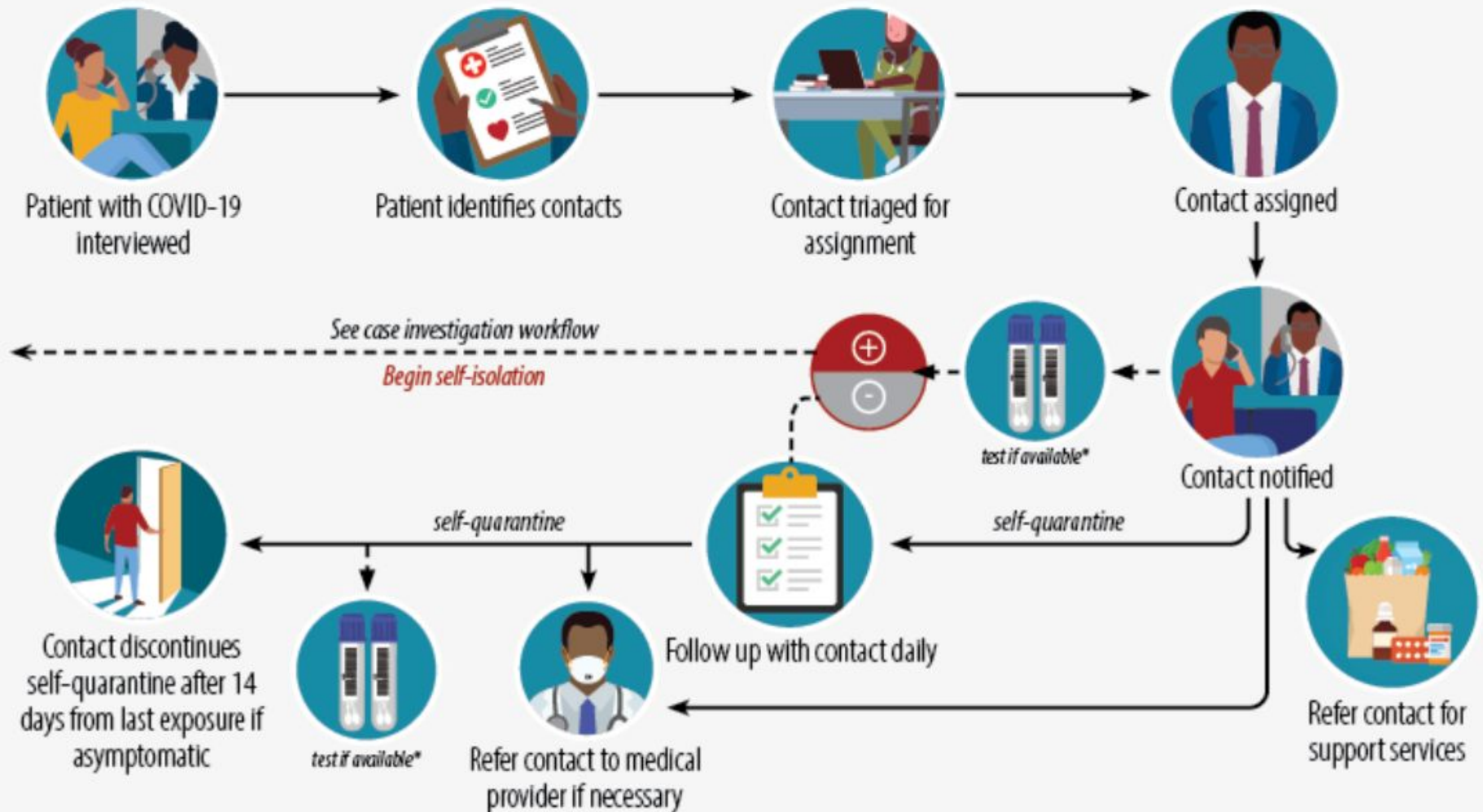
Supported on iOS 13.5 & 13.6, compatible with iPhone.



Supported on Android Version 5 (API 23) or above.



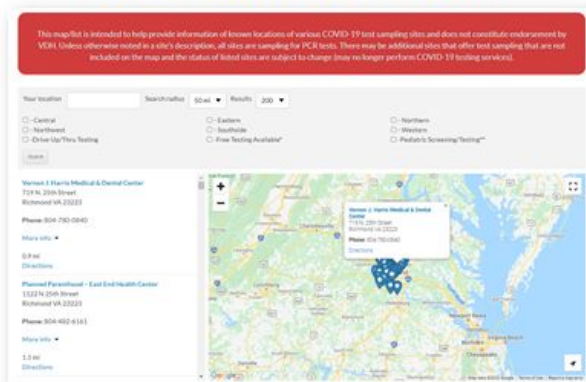
How COVID-19 Contact Tracing Works to Reduce Future Transmission



Summary



Where Can I Get Tested?



Additional VDH Resources

COVID-19 Hotline: **1-877-ASK-VDH3**

<http://www.vdh.virginia.gov/coronavirus/>



Leading During COVID-19

- Adapting To A New Normal
- Paving The Way: Virginia Medical Reserve Corps

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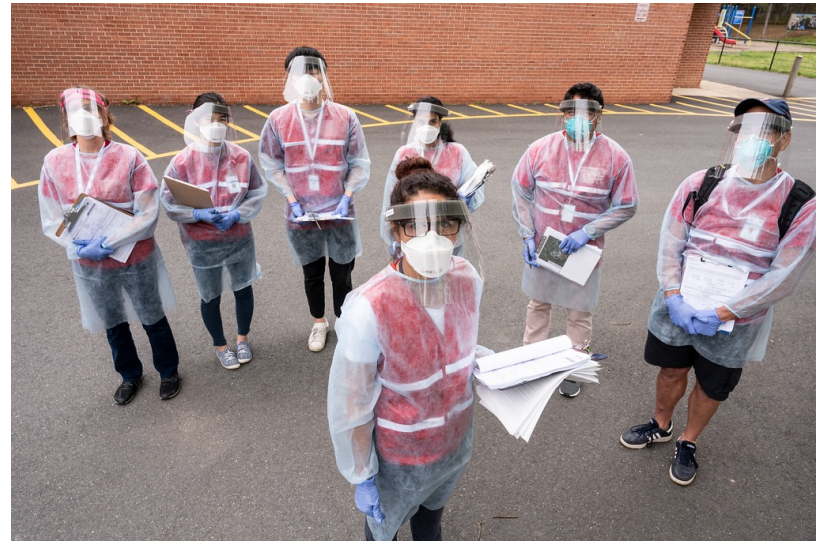
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Virginia Medical Reserve Corps (MRC)

Mission:

Community volunteers prepared to support ongoing public health initiatives and emergencies in localities throughout Virginia.



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***Volunteers Protecting
Virginia's Health***

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Same mission, different approach



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VIRGINIA MRC VOLUNTEER CAPACITY

AS OF AUGUST 17TH, 2020

17,493 Total
Approved Volunteers

22 Virginia
MRC Units



Deployable Volunteers



6,370

Medical

+



5,723

Support

=



12,093

Deployable

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MRC Response: February 9 – June 30



\$2.2 MILLION

in workforce savings for
volunteer contributions of
knowledge and skills



75,448 HOURS

dedicated to support
COVID-19 response efforts



VA MRC volunteers served
their community by fulfilling

**18,819
DEPLOYMENTS**



Alerted volunteers of
deployment opportunities

87,011 TEXTS
sent in June 2020

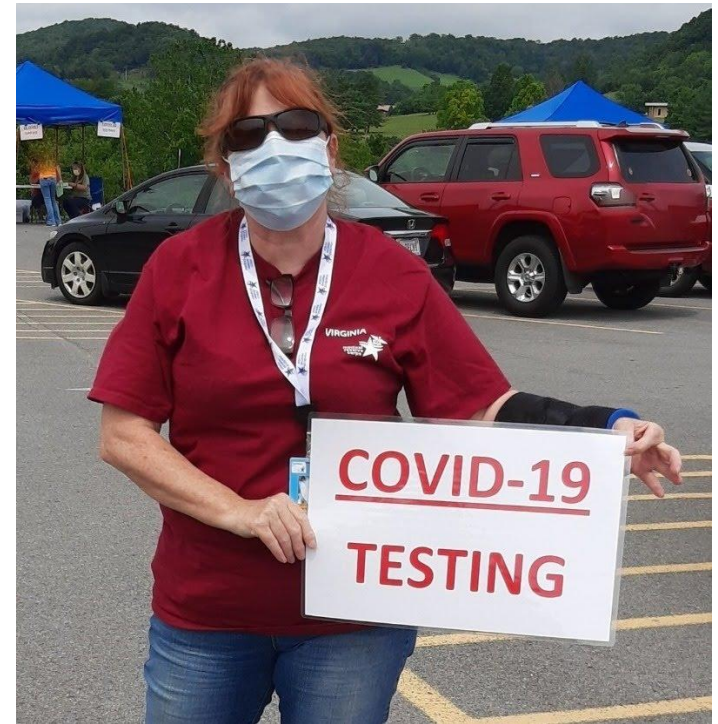
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MRC COVID-19 Response Efforts

- ★ Contact Tracing & Epidemiology
- ★ Public Information
- ★ Infection Prevention
- ★ Testing Events
- ★ Staffing Shortage
- ★ Vaccination

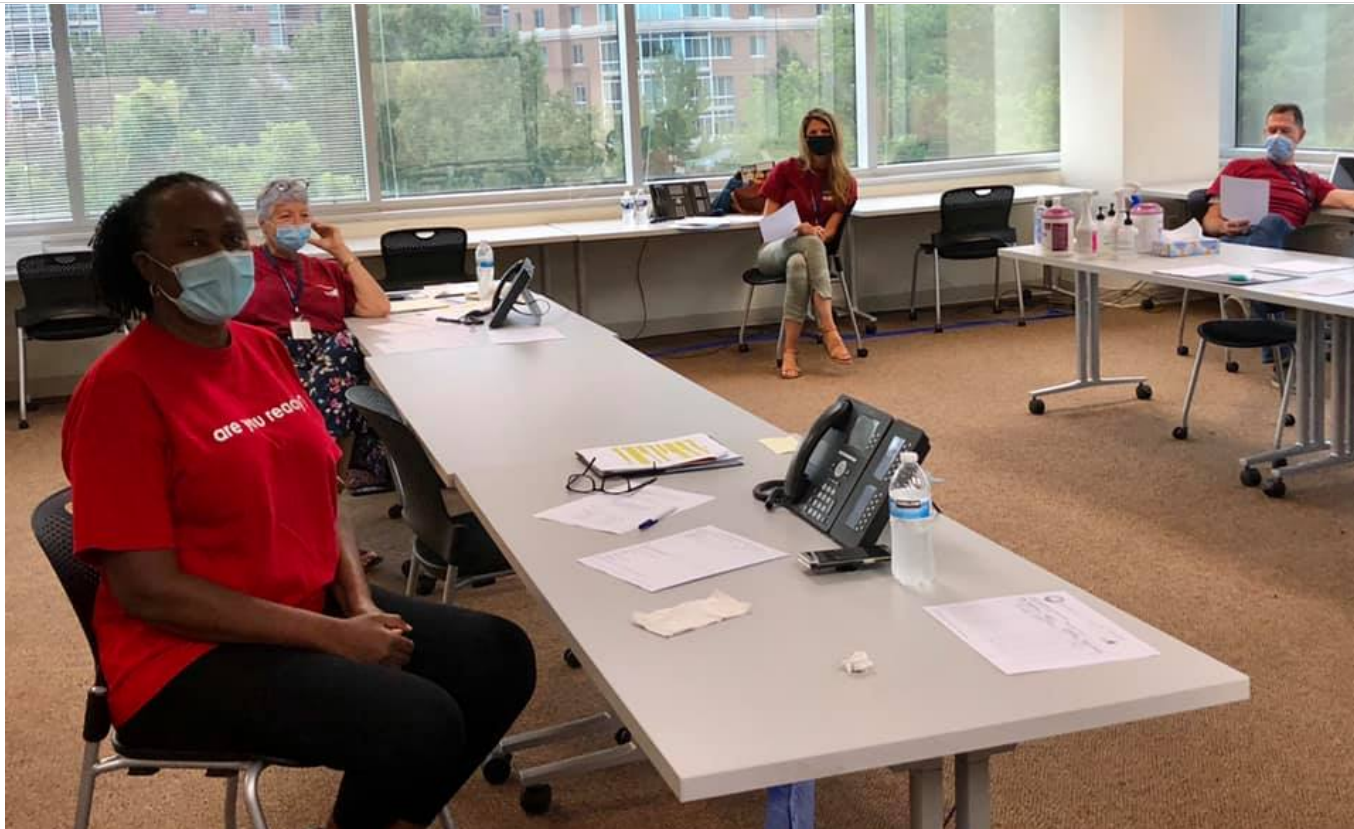


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Public Information



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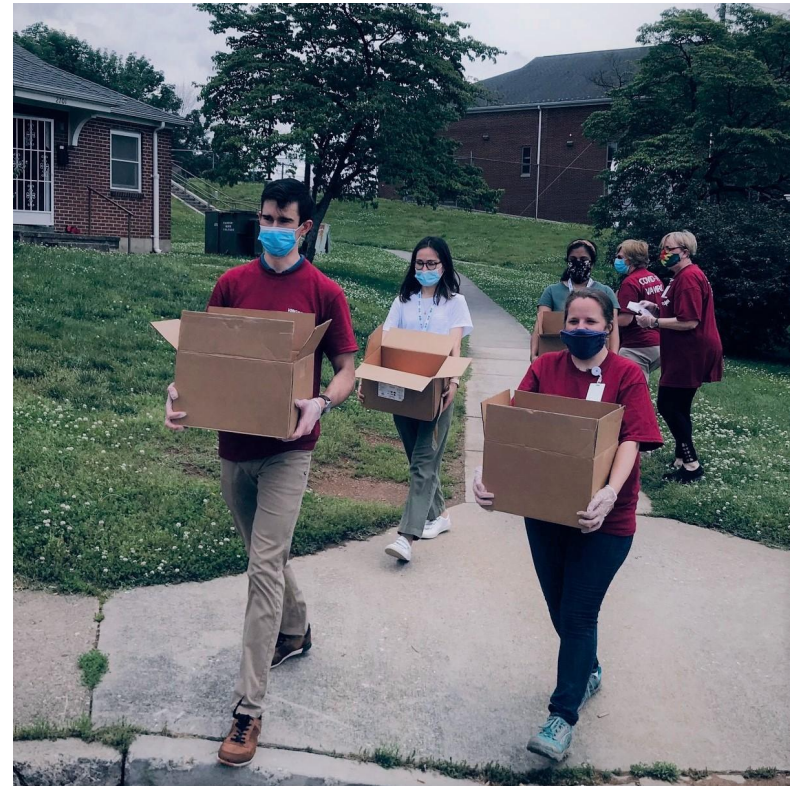


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Community Outreach



Community Outreach



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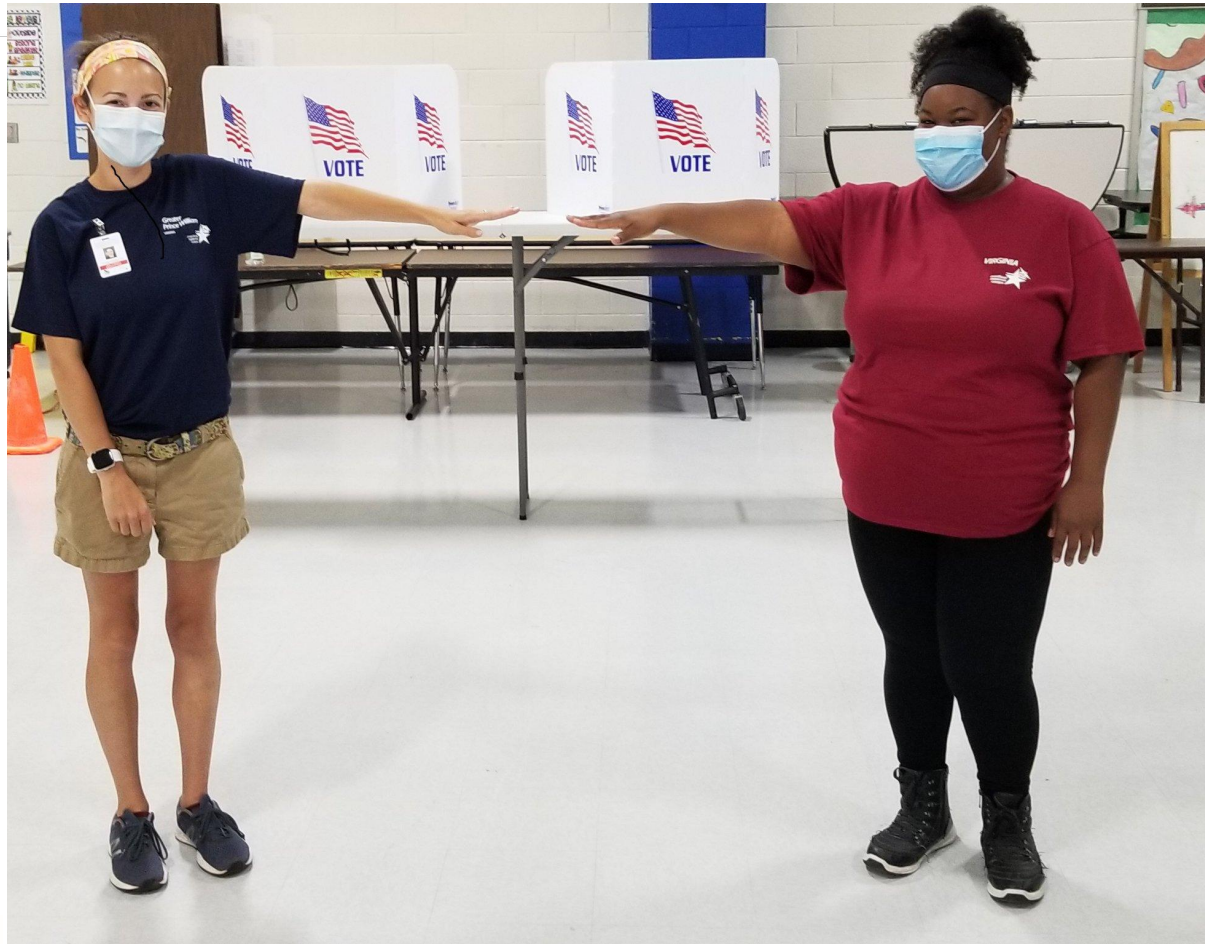


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Infection Prevention



Infection Prevention - Election Day



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Infection Prevention - Screenings

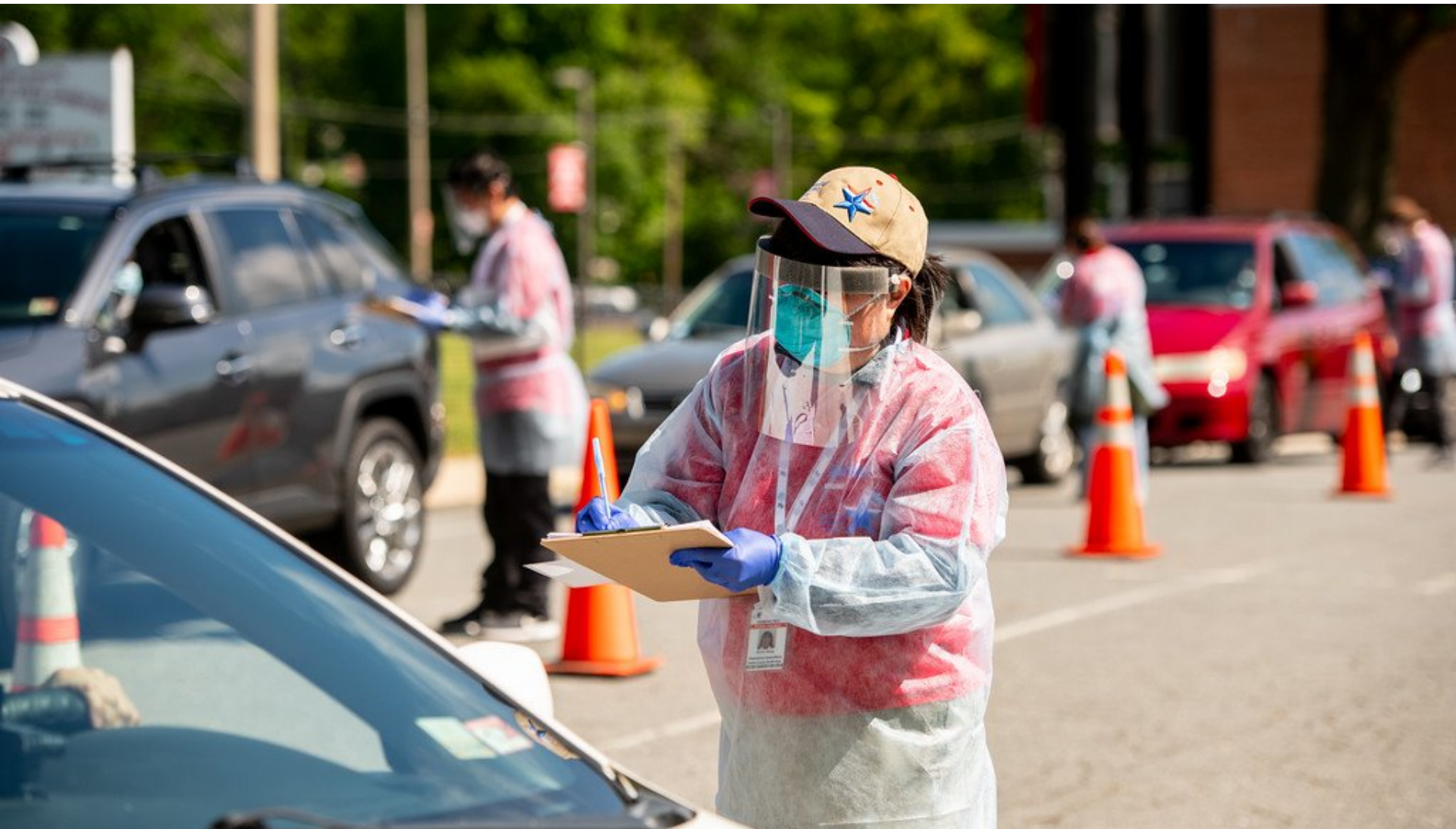


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Community Testing



Vaccinations



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Connect With Us

- ★ Opportunity to partner and serve together
- ★ Expand response efforts to reach underserved communities
- ★ Build stronger, healthier, and more informed communities

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Virginia MRC Units

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Far Southwest Region—Pat Meinen

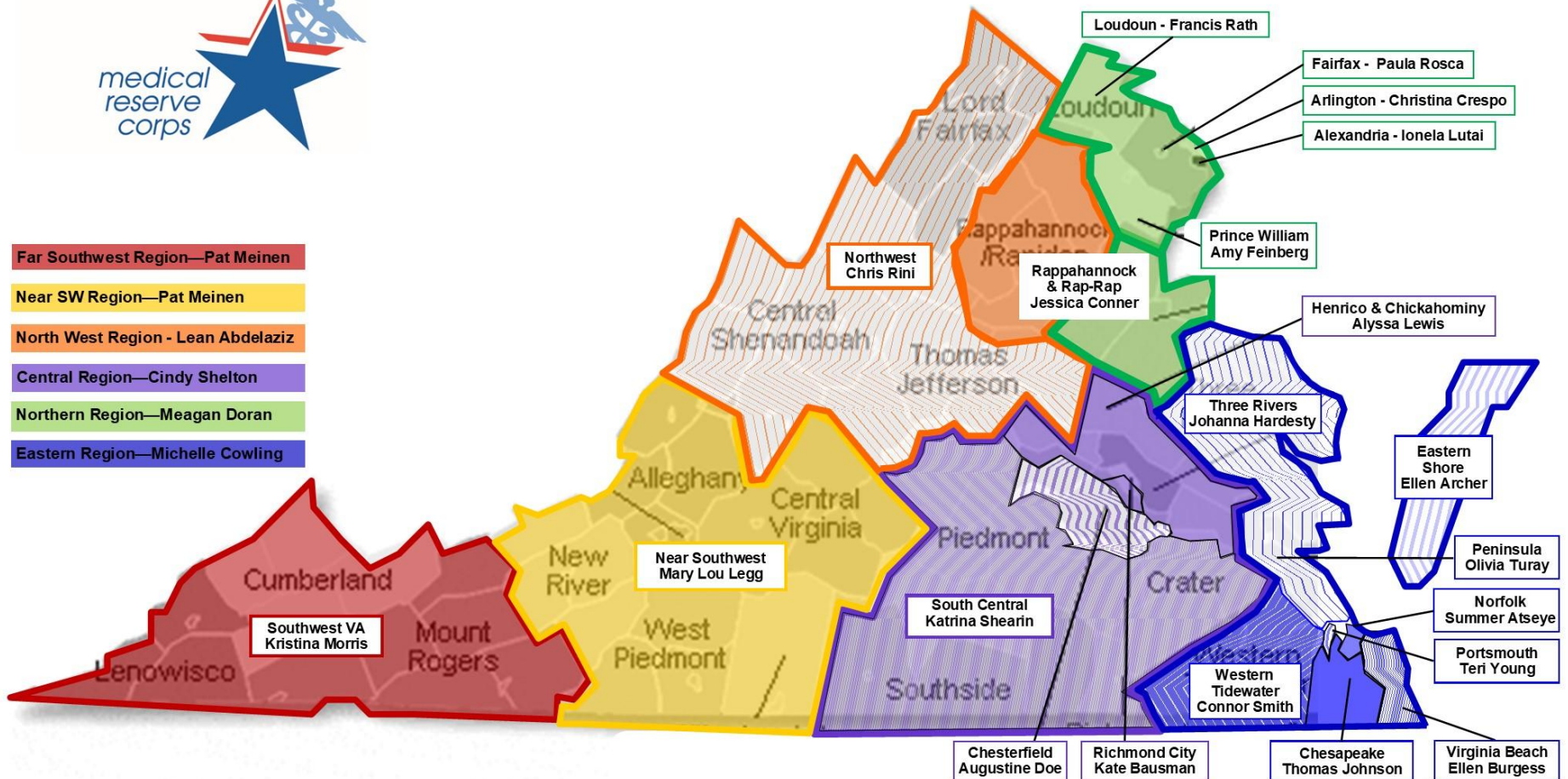
Near SW Region—Pat Meinen

North West Region - Lean Abdelaziz

Central Region—Cindy Shelton

Northern Region—Meagan Doran

Eastern Region—Michelle Cowling



Visit Our Website To Learn More



www.vamrc.org

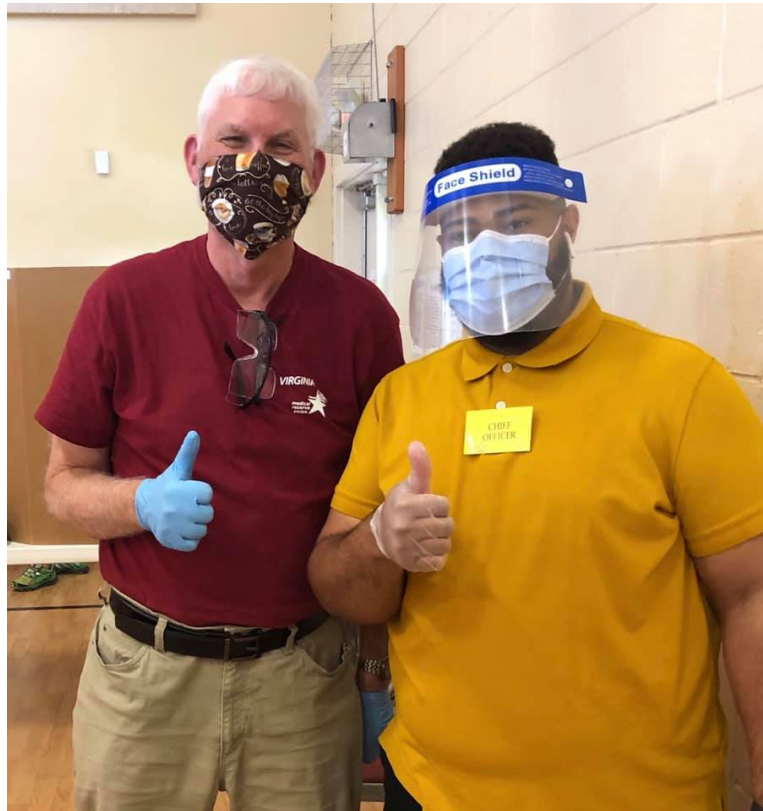
vamrc@vdh.virginia.gov

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Serving During COVID-19



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Serving During A Pandemic

Why have you chosen to serve your community as an AmeriCorps member?

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Benefits of saying YES!

- ★ Experience and skills
- ★ Assist your community
- ★ Serve alongside others



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Reduce & Manage Fear

- ★ Communicate with your Site Supervisor
- ★ Set boundaries
- ★ Take protective measures
- ★ Practice self-care
- ★ Reduce stress



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Self-Care Equals Self-Love

What self-care techniques will you routinely practice to restore your mental health and manage stress?

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A Flexible Mindset

- ★ Change constantly
- ★ Hurry up and wait
- ★ Flexibility
- ★ Rewarding work; but stressful and tiring



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Summary

1. Public Health COVID Champion
2. Be COVIDWISE
3. Live COVID-19 Prevention
4. Partner with MRC
5. Take Care of You
6. Serve and Grow

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Questions?

- ★ VDH Website
- ★ Local Health Department
- ★ Site Supervisor



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Thank YOU

for bravely choosing to volunteer
during this pandemic.

Your service is an invaluable
contribution to the Commonwealth.

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